

## What Other Benefits Do I Have?

The section below and the pages that follow list a few of the extra benefit options for Arkansas State Employees and their dependents. We ask that you read each section carefully to become more familiar with the wide variety of benefit options to assist in the well-being of you and your family.

### Employee Assistance Program - StarEAP

StarEAP, your employee assistance program, provides immediate, professional assistance with personal, work-related, or emotional issues. These free, confidential services are just a telephone call away for both you and your eligible family members. StarEAP serves as a pathway to the behavioral health benefit for participating employees and covered family members. The behavioral health benefit includes psychiatric outpatient, inpatient, and other levels of care that are not part of StarEAP. Behavioral healthcare may require a co-payment and co-insurance.

The logo for StarEAP, featuring the word "Star" in a serif font with a small star above the 'a', followed by "EAP" in a larger, bold serif font.

#### Here's How It Works

When you call StarEAP, a trained professional will assess your personal situation with you, help you clarify the problem or crisis, assist with referrals to appropriate resources, and make every attempt to minimize any out-of-pocket costs for additional services.

#### Here's How It Helps

StarEAP helps you with issues that occupy your time, attention, and creates stress in your life. Some common issues are:

- Work Problems
- Depression and anxiety
- Personal or family alcohol and chemical dependency problems
- Marriage and divorce issues
- Parenting
- Financial and credit problems
- Eldercare and childcare issues
- Other personal or family problems

#### Tap into StarEAP Expertise

An advantage of StarEAP is that the professional staff already have knowledge of your benefit plan. They are familiar with therapists and resources in your community. If needed, they can refer you to providers that are covered by your insurance - minimizing your out-of-pocket-expenses.

#### It Doesn't Have to Be a Crisis

Most people who contact StarEAP are everyday people with everyday problems, so do not let the size of the issue keep you from seeking assistance. Contact StarEAP for someone to talk with, support during a time of need, a professional opinion on your situation, information on community resources, or referral to a network provider.

#### Strict Confidentiality

Personal information about you and your dependents is confidential. StarEAP complies with all local, state, and federal privacy laws. EAP services are provided through LifeSynch for all eligible State Employees and family members. Here's how to contact StarEAP – Call 1-866-378-1645 or visit [www.lifesynch.com](http://www.lifesynch.com). Access is easy, call 24 hours a day, 7 days a week.